

Contagious Illness Precautions

Do you drive a shared vehicle?

Facts about the spread of germs:

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth.

Germs can live for a long time. Some can live for two hours or more on surfaces such as:

- Door handles
- Steering wheels
- Equipment controls
- Dashboards



Avoid spreading germs and reduce the risk of infection:

- Clean your hands often.
 - Wash hands, with soap and warm water, for 20 seconds. Be sure to rub hands vigorously together and scrub all surfaces.
 - Use hand sanitizer with 60% or more alcohol content. Apply to palm; rub all surfaces of hand and fingers until dry.
 - Avoid touching your nose, mouth, and eyes.
 - Cover coughs and sneezes with a tissue, or your upper sleeve if tissues are not available. (Wash hands or use a hand sanitizer after a cough, sneeze, or after you blow your nose.)
 - Avoid close contact with coworkers. Avoid shaking hands and always wash hands after contact with others.
- Use "no-touch" trash cans.
 - Keep work surfaces, telephones, computer equipment and other frequently touched surfaces and office equipment clean. Be sure that any cleaner used is safe. Use only disinfectants registered by the U.S. Environmental Protection Agency (EPA), and follow all directions and safety precautions indicated on the label.
 - Stay home if you are sick.

Good work practices for driving a shared vehicle:

- Wipe down contact surfaces with disinfecting wipes and let dry. This includes: door handles, window controls, seatbelt components, steering wheel, dash, gear shift, radios, equipment controls, etc.
- Wash/sanitize hands thoroughly at every stop.

Remember: *Every Driver. Every Shift. Every Stop.*

For additional information visit:

- MDOT's Safety and Security Administration website for the *Stop Germs, Stay Healthy* and *Drivers Prevent Contagious Illness* posters as well as the Avoiding Illness safety topic in the Safety Topic folder.
- Michigan Department of Community Health on the [Seasonal Influenza](#) page.
- U.S. Center for Disease Control (CDC) at <http://www.cdc.gov/germstopper/index.htm>.



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If you have any questions, comments, or suggestions, please contact:

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For other Safety Topics, please visit the Connect MDOT Safety and Security Administration Website: [Organization>>Executive>>Safety & Security Administration.](#)

As with any training, please be sure to take attendance. Fax a copy of MDOT form 0037 attendance sheet to Safety and Security Administration at 517-335-2787 and file the original in your training files for later reference.